

# POLICY

# THE MATHENY SCHOOL

OPERATIONS 8505/page 1 of  
5 Wellness Policy/Nutrient  
Standards for Meals and  
Other Foods  
M

## 8505 WELLNESS POLICY/NUTRIENT STANDARDS FOR MEALS AND OTHER FOODS

The Matheny School Board recognizes child and adolescent obesity has become a major health concern in the United States. The Healthy, Hunger Free Kids Act of 2010 (HHFKA), funds child nutrition programs and establishes required nutrition standards for school lunch and breakfast programs. In accordance with the requirements of the HHFKA the school shall implement this Wellness Policy that includes goals for nutrition promotion, nutrition education, physical activity, and other school-based activities that promote student wellness.

### A. Wellness Policy Goals

The goals as outlined below shall apply to the school.

1. Goals for Nutrition Promotion – The following activities will be coordinated in the school:
  - a. Age-appropriate posters will be posted on the walls where food and beverages are served to students highlighting and encouraging the value of good nutrition.
  - b. The school lunch program will have promotional days during the school year where at least one new nutritional alternative menu item will be featured as part of the menu pattern meal component. The food service staff members will promote this nutritional alternative during meal service with posters, flyers, and/or hand-outs regarding the nutritional menu item alternative.
  - c. The Principal or designee will encourage food products that meet the nutrition standards of the HHFKA when used as an incentive or reward for student accomplishments, club or activity achievements, and/or success in competitions within the school.
  - d. Food service staff, in consultation with the Principal or designee, will coordinate obtaining student input on menu planning that will include taste testing of new nutritional food, satisfaction surveys, and other activities that will promote nutrition awareness.



# POLICY

# THE MATHENY SCHOOL

OPERATIONS 8505/page 2  
of 5 Wellness  
Policy/Nutrient Standards for  
Meals and Other Foods

2. Goals for Nutrition Education – The following activities will be coordinated in the school:
  - a. The Principal will ensure each student receives at least one presentation per school year that promotes good nutrition and nutrition education. These presentations may be provided through classroom visits from school staff members trained in nutrition, school-wide or group assembly programs, during health/physical education classes during the school year, or any other presentation manner. This requirement may be provided as part of nutrition education provided to students as part of the school's curriculum.
  - b. The Principal or designee will post the nutritional guidelines of the HHFKA in the area of the school building where food and beverages are served.
  
3. Goals for Physical Activity
  - a. The following activities will be coordinated:
    - (1) All students shall receive health/physical education under the supervision of a properly certified teaching staff member as required by the New Jersey Department of Education.
    - (2) The Principal or designee will ensure there is age-appropriate equipment and supplies available during recess time for students to participate in physical activities.



# POLICY

# THE MATHENY SCHOOL

OPERATIONS 8505/page 3  
of 5 Wellness  
Policy/Nutrient Standards for  
Meals and Other Foods

- (3) Students will be encouraged by school staff members supervising student recess time to participate in some type of physical activity, which may include, but not be limited to: walking; playing games that require physical activity, such as kick ball, volleyball, baseball, basketball, etc.; rope jumping; and/or using playground equipment.
  - (4) The Principal will encourage classroom teachers to incorporate brief, physical activity breaks into the school day to establish an environment that promotes regular physical activity throughout the school day.
  - (5) The Principal or designee will coordinate special events that highlight physical activity, which may include field days, walk-a-thons, and activity tournaments or competitions. The Principal or designee may involve parents, community members, and students in the planning of these events.
4. Goals for Other School-Based Activities - The following activities will be coordinated in the school:
- a. The school will establish a Wellness Committee comprised of the Principal or designee, at least one health/physical education teacher, a school nurse, and at least one food service staff member.
  - b. The Principal or designee will coordinate information being disseminated to students and parents promoting the school lunch program, nutrition, and nutrition education.
  - c. The school will celebrate a School Wellness Week, as determined by the Executive Director or designee, where schools will have special activities throughout the week to promote nutrition and physical activity. These special activities will be planned and coordinated by the school's Wellness Committee.
  - d. The Principal will encourage fund-raising activities that promote physical activity.



# POLICY

# THE MATHENY SCHOOL

OPERATIONS 8505/page 4  
of 5 Wellness  
Policy/Nutrient Standards for  
Meals and Other Foods

5. Annual School Progress Report

- a. The goals for nutrition promotion, nutrition education, physical activity, and other school-based activities that promote student wellness shall be evaluated annually by the Principal or designee of the school and the school's Wellness Committee in an Annual School Progress Report provided to the Executive Director before June 30.
- b. The Annual School Progress Report shall present the extent to which the school is in compliance with this Policy, the progress made in attaining the goals of this Policy, any recommended changes to this Policy, and an action plan for the following school year to achieve the school's annual goals and objectives.

6. Annual School Summary Progress Report

- a. Upon receiving the Annual School Progress Report from the school, the Executive Director or designee will compile an Annual School Summary Progress Report to be presented to the Matheny School Board at a public meeting before the beginning of the school year. The public will be provided an opportunity to review and comment on the Annual School Summary Progress Report at the Board meeting.
- b. Revisions to this Policy will be recommended by the Executive Director or designee to be approved by the Matheny School Board before September 30 of each school year.

7. Additional Wellness Policy Goals

- a. Nothing in this Policy shall prevent a school from developing and implementing additional activities, approved by the Executive Director or designee, to those required in this Policy.

B. Nutrition Guidelines for All Foods and Beverages

1. The Matheny School Board requires the school to comply with the Federal school meal nutrition standards and the smart snacks in accordance with the requirements HHFKA. The nutritional standards shall apply to all foods and beverages sold in the school as part of the menu pattern meal, a la carte, in school stores, snack bars, or vending machines. The food requirements for any food sold in schools must meet a range of calorie and nutrient requirements as outlined in the HHFKA.



# POLICY

# THE MATHENY SCHOOL

OPERATIONS 8505/page 5  
of 5 Wellness  
Policy/Nutrient Standards  
for Meals and Other Foods

2. The school will comply with the HHFKA beverage requirements and beverage portion requirements for elementary, middle, and secondary schools. The school will make potable water available to children at no charge in the place where breakfast, lunch, and afterschool snacks are served during meal service.
3. On-campus fundraisers involving food or beverage items must meet the Smart Snack standards of the HHFKA. The nutrition standards of the HHFKA do not apply to non-school hours, weekends, and off-campus fundraising events. The United States Department of Agriculture defines school day as starting from midnight to thirty minutes after the end of the school day. Fundraisers involving the sale of food or beverages must be submitted to the Principal or designee for approval.

C. School Coordinator

The Executive Director or designee shall be the school official responsible to ensure the school complies with the requirements as outlined in this Policy.

D. Publication/Dissemination

This Policy will be made available to staff members, students, and parents by being posted on the school and/or school websites.

The Healthy, Hunger-Free Kids Act of 2010

Adopted:

